

Disaster PREP

(PLAN, RESPOND, EXERCISE & PREPARE)

December 2022

From the DMH Office of Disaster Services

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TRAINING ALWAYS AVAILABLE

- Trauma-Informed Care
- <https://modmh.thinkific.com/>
- FEMA ICS 100 & 200 and 700 & 800 for Senior & Exec Leadership - National Incident Management System (NIMS)

<https://tinyurl.com/NIMS-100>

<https://tinyurl.com/NIMS-200>

<https://tinyurl.com/NIMS-700>

<https://tinyurl.com/FEMA-800>

WINTER STORMS create a higher risk for car accidents, hypothermia, frostbite, carbon monoxide poisoning, and heart attacks from overexertion. Winter storms including blizzards can bring extreme cold, freezing rain, snow, ice and high winds.



HOW TO PROTECT YOURSELF FROM WINTER WEATHER

Know your winter weather terms:

- Winter Storm Warning
- Winter Storm Watch
- Winter Weather Advisory
- Know Your Risk for Winter Storms
- Preparing for Winter Weather
- In Case of Emergency
- Stay Safe During Winter Weather
- Learn the signs of, and basic treatments for, frostbite and hypothermia.
- Generator Safety

Visit Ready.Gov (<https://www.ready.gov/winter-weather>)

Put a **FREEZE** on Winter Holiday Fires

Did you know?



More than 1/3 of home decoration fires are started by candles.

As you deck the halls this season, be fire smart.




Keep candles at least **12 inches** away from anything that burns.



Think about using **battery-operated** flameless candles.

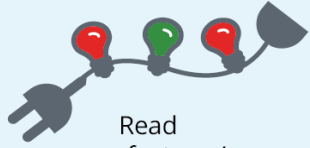
U.S. Fire Administration | Fire is Everyone's Fight | NFPA

Did you know?




More than **1 in every 5** Christmas tree fires were caused by a heat source too close to the tree.

As you deck the halls this season, be fire smart.



Read manufacturer's instructions for the number of light strands to connect.



Make sure your tree is **at least 3 feet away** from heat sources like fireplaces, radiators and space heaters.

U.S. Fire Administration | Fire is Everyone's Fight | NFPA

JOIN THE BEHAVIORAL HEALTH STRIKE TEAM

The DMH Behavioral Health Strike Team (BHST) is a team of trained individuals from around the state who deploy upon request of the State Emergency Management Agency or other entity to deliver psychological first aid to survivors and first responders after a disaster or critical event. The BHST has previously deployed to mass casualty events like the Branson Duck boats and the Amtrak Train Derailment. They have also deployed to St Louis to assist during the pandemic. DMH staff can request information to be a part of this amazing team!

If interested in becoming trained for the BHST, please contact Alyssa Backes, Deputy Director of the Office of Disaster Services at Alyssa.Backes@dmh.mo.gov

On July 15, 2022 the DMH Office of Disaster Services closed out Missouri's COVID-19 Crisis Counseling Program (CCP). Nearing the end of July, the St. Louis area (specifically St. Charles County, St. Louis City and St. Louis County) was largely impacted by heavy rainfall causing flooding. This resulted in the DMH being awarded another CCP.

During CCPs we work with agencies in the impacted area to provide resources to those affected. During this Crisis Counseling Program we are working with ALM Hopewell, BJC Behavioral Health and Compass to provide outreach and resource material. If you would like to know more about the CCP you can visit <http://www.moshowmehope.org> or visit <https://dmh.mo.gov/disaster-services/crisis-counseling-program>

SHOW-ME
HOPE
MISSOURI



October 20th at 10:20am
we drilled for the Great
ShakeOut! Thank you to all
the participated!

45,564,100 participants registered in 2022 Great ShakeOut Earthquake Drills worldwide. The Central Region had 2,177,388 participants.



On December 9th, DMH's Office of Disaster Services and Missouri State Emergency Management Agency (SEMA) hosted an Active Threat Tabletop Exercise at SEMA. This was an opportunity for our regional facilities/offices to discuss security, communication and safety when an active threat occurs in their facilities.

We want to thank Department of Elementary and Secondary Education, Missouri School Boards' Association Center of Education & Safety and Missouri State Emergency Management Agency.

The Office of Disaster Services is available to schedule exercises like this as well as offers training on Stop the Bleed and Active Threat



For more information,
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Mental Health
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WEBSITE

<http://dmh.mo.gov/disaster-services>

SOCIAL MEDIA

[Facebook](#) | [Twitter](#) | [Instagram](#)
[@DMHDisaster](#)

useful
links

HOLIDAY ONLINE SHOPPING TIPS FROM CYBERSECURITY & INFRASTRUCTURE SECURITY AGENCY

<https://www.cisa.gov/shop-safely>

The FEMA App allows you to
receive real-time weather alerts,
locate emergency shelters in your
area, and more.

<https://tinyurl.com/appfema>

Missouri Show-Me Hope

<https://www.moshowmehope.org/>